HEALTHY AND UNHEALTHY ACTIVITIES QUIZ

1. Match the object with its name using the tags:

Tasty

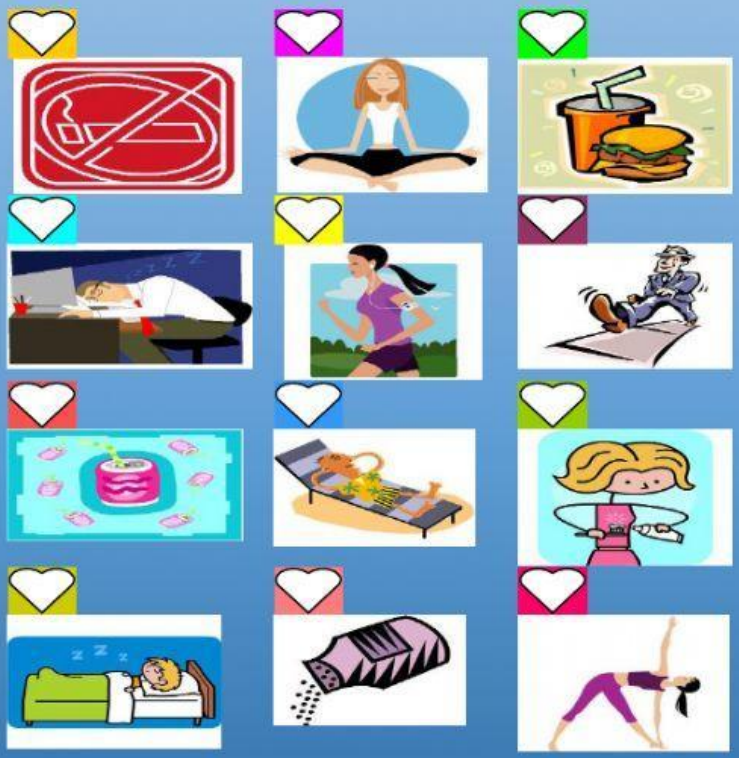
exercise | Irritate | Take naps | Eat fat and sugar in moderation | Drink plenty of liquids

Don't eat junk food | Take a bath | Chewing gum | Unable to focus | Eat healthy food

Be kind with others | Wash your hands | Limit time with electronics | Find time to relax | Be active

2. 1. Say what habits are healthy (H) or Unhealthy (U). Write H/U after the sentences.

2. Put the number of the sentence in the heart.

HEALTHY / UNHEALTHY
HABITS

1. CUT DOWN ON SALT ……
2. BRUSH YOUR TEETH ……
3. GO JOGGING ……
4. SLEEP 12 HOURS A DAY …
5. GIVE UP SMOKING ……
6. WALK ……
7. HAVE FIZZY DRINKS ……
8. DO YOGA ……
9. WORK LONG HOURS ……
10. EAT JUNK FOOD ……
11. EXERCISE ……
12. SUNBATHE AT MIDDAY …